



Heart Hard Quiz

DIRECTIONS: Circle the best answer.

Name _____

1. Which is a kind of blood vessel?

- A.** artery
- B.** circulate
- C.** pump
- D.** oxygen

4. Which sentence is TRUE?

- A.** Your heart is a muscle that can grow.
- B.** The heart does not beat when you sleep.
- C.** Blood vessels are only inside your heart.
- D.** Greasy, salty foods are good for the heart.

2. What gas does blood deliver to the whole body?

- A.** nitrogen
- B.** oxygen
- C.** helium
- D.** carbon

5. Which happens LAST?

- A.** Mia quickly runs up and down the court.
- B.** Mia's heart beats faster when she shoots.
- C.** Mia's game ends and her heart slows down.
- D.** Mia joins a basketball game in the park.

3. What do you think happens to your heart when you feel scared or nervous?

- A.** It stops beating.
- B.** It beats slower.
- C.** It beats quieter.
- D.** It beats faster.

